

Upcoming Events:

Deadline for your next food order: December 2nd
Next depot pick-up days: December 15, 16, 2016

Reminder

Members are responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Food orders that are not picked up will not be refunded. WECAN reserves the right to sell unclaimed baskets or distribute them to families in need.

CHRISTMAS IN NOVEMBER (Volunteer Appreciation Luncheon)

Just a reminder to mark your calendars:

Saturday, November 26th

11 a.m. to 1 p.m.

Moravian Church (9540 – 83 Avenue)



Don't forget: RSVP BEFORE NOON, NOVEMBER 18th



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Thank you to the following businesses and organizations for their help and support:



Your Depot:

Issue: 16-11
November 2016

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Quote of the day:

"Ask not what you can do for your country, ask what's for lunch."

Orson Wells

From the desk of Suzanne Rigsby:

We have something very special in this month's order. Last month, while at TGP, the Meat Manager showed me a product that he had just received at an extreme discount. I took some home and they passed "the husband taste test" so this month you will see pre-cooked ribs. They are "fall of the bone" wonderful, so enjoy!

Due to the issues several depots had with the quality of their potatoes, I have left them out of this month's order. I/we pride ourselves in supplying quality produce at a reduced cost and the potatoes last month were unacceptable. Looking at this month's order I realized it is very green, but without the potatoes I was able to get you 4 veggies, rather than 3.

I have taken over my dining room as both a home office and Santa's workshop. My husband just shakes his head when he looks in as the table, floor and chairs are all covered in ribbon, craft stuff, jars, containers, pinecones and wrapped door prizes. Glitter is all over the floor, but the smell coming from that room is amazing (just a hint about one of our crafts!!!) So, please ladies and gentlemen, get your numbers together, don't forget your drivers and let us know at the office how many can come to our VOLUNTEER APPRECIATION LUNCHEON on Saturday, November 26th. The menu is set, crafts have been tried and tested, but now we need to know who is coming so we can purchase both supplies and food. **Please call with your numbers on or before noon, NOVEMBER 18th.**

Lastly re Christmas food order: Last year the Old Fashion Schneider hams were a huge hit and TGP is trying to source them for us again for this year. However, as our numbers have grown so dramatically, we will have to wait and see if quantities are available. Fingers crossed! For the "no porkers" it will be a large roast, undetermined kind at this time.

....Suzanne

Cooking with Your WECAN Food Basket Menu

SEASONED BREAD CRUMBS

The Basic Shelf Cookbook

Easy and inexpensive to make, easy to store; great for stuffing and crunchy toppings on vegetables and casseroles. Once you have some, you'll think of lots of ways to use them.

INGREDIENTS:

1 cup	fine dry bread crumbs	250 mL
3 Tbsp.	grated Parmesan cheese	45 mL
1 Tbsp.	dried parsley	15 mL
1 tsp.	dried oregano	5 mL
½ tsp.	salt and pepper	2 mL

METHOD:

1. Put cheese, bread crumbs, parsley, oregano and garlic powder into a large bowl. Mix well.
2. Add salt and pepper to taste.
3. Put into tightly covered container and store in a cool, dry place.

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BROCCOLI AND MUSHROOM GRATIN

The Basic Shelf Cookbook

Use your premade Seasoned Bread Crumbs for topping.

1 bunch	broccoli, cut into bite-sized pieces	1
2 Tbsp.	butter or margarine	30 mL
1/3 cup	finely chopped onion	75 mL
2 Tbsp.	flour	30 mL
1 cup	milk	250 mL
1 tsp.	Worcestershire sauce	5 mL
	salt and pepper	
1 can (10 oz/284 mL)	sliced mushrooms, drained	30 mL
2 Tbsp. (or more)	<i>Seasoned Bread Crumbs</i>	30 mL

METHOD:

1. In boiling water, add broccoli and cook until crisp-tender, about 3 to 5 minutes. Drain and set aside.
2. Melt butter or margarine in a large saucepan. Add onion and cook until soft.
3. Stir in flour. Pour milk in slowly, stirring all the time. Cook and stir until mixture boils and thickens. Add Worcestershire sauce. Add salt and pepper to taste. Stir in broccoli and mushrooms.
4. Heat oven to 350° F (180° C). Put broccoli mixture into 8 x 8 x 2" (2L) baking pan. Bake for 15 to 20 minutes or until hot.
5. Sprinkle with *Seasoned Bread Crumbs* and bake 5 minutes longer.

Bon Appetit!

Food Basket Item <small>(*indicates items on sale)</small>	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
.5 kg Lean Ground Beef	\$5.94	\$6.99	\$5.94	\$6.61	\$6.25	\$4.00
.9 Chicken Thighs	\$6.71	\$9.27	\$7.74	\$8.64	\$7.45	\$5.85
1 pkg. Pre Cooked Ribs	\$16.49	\$11.00*	\$12.99*	\$11.99	\$10.97	\$4.99
O/S Round Roast	\$5.49	\$3.28*	\$4.39	\$3.90	\$3.90	\$4.40
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.61
1 lb. Mandarin Oranges	\$2.20	\$0.76	\$1.64	\$0.82	\$2.21	\$0.98
1 kg Red Delicious Apples	\$2.73	\$4.39	\$3.73	\$3.48	\$2.31	\$2.10
1 bunch Celery	\$2.99	\$1.69*	\$1.99	\$1.78	\$1.47	\$1.74
1 bunch Broccoli	\$1.49	\$2.83	\$1.99	\$1.47	\$2.47	\$1.37
1 Cello pack Iceberg Lettuce	\$1.99	\$1.69*	\$1.99	\$1.77	\$1.77	\$1.35
1 bunch Green Onions	\$0.89	\$0.79	\$0.89	\$0.77	\$0.77	\$0.44
TOTAL	\$44.17	\$41.13	\$40.64	\$39.83	\$37.37	\$24.84